



NAME:

PHONE:

EMAIL:

DATE:

WHAT IS YOUR COMMUNICATOR TYPE?

Honestly answer the 15 survey questions from a mindset of your at-home-natural-self vs. your at-work-professional-self. It's funny: We often can be split personalities because of roles.

1. Do you try hard not to hurt anyone's feelings?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
2. Are your feelings easily hurt?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
3. Do you think of yourself as being too sensitive?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
4. Are you surprised when your strong words or actions make someone else feel bad?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
5. Do you "give in" to avoid conflict?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
6. Do you find yourself helping other people before you help yourself?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
7. Did your family or siblings see you as a strong-willed, headstrong individual?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
8. Are you unafraid to give your opinion?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
9. Do you have the strong drive to be right?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
10. Are you comfortable giving blunt feedback or personal critiques?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
11. Does your mood dominate your life partner for better or worse?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
12. Do you back down when defensive tempers flare-up?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
13. Would your partner say you're an attentive listener?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
14. In a dispute, would your partner say you interrupt and talk over them?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
15. Do you prefer to make decisions slowly and think through all your options?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO

Review the list of items below. Notice how the common traits of Empathizers and Instigators are opposites. For example, Empathizers are more sensitive and Instigators are less sensitive. Are you more sensitive or less sensitive? Although this will depend on the situation, check only one box for each pair based on what is true in your experience most of the time.

EMPATHIZER (E-TYPE) COMMUNICATORS	OR	INSTIGATOR (I-TYPE) COMMUNICATORS
<input type="checkbox"/> More sensitive to the feelings of others		<input type="checkbox"/> Less sensitive to the feelings of others
<input type="checkbox"/> Empathetic		<input type="checkbox"/> Genuine, will speak their mind
<input type="checkbox"/> Feel deeply		<input type="checkbox"/> Think deeply
<input type="checkbox"/> Struggle with sadness		<input type="checkbox"/> Struggle with anger
<input type="checkbox"/> Relationship focus		<input type="checkbox"/> Problem-solving focus
<input type="checkbox"/> Slower to make decisions. Contemplate.		<input type="checkbox"/> Quicker to make decisions. Trigger puller.
<input type="checkbox"/> Have a longer fuse		<input type="checkbox"/> Have a shorter fuse
<input type="checkbox"/> Give bad news hesitantly		<input type="checkbox"/> Give bad news bluntly
<input type="checkbox"/> Dwell more on the past		<input type="checkbox"/> Dwell more on the future
<input type="checkbox"/> Were easygoing as kids		<input type="checkbox"/> Were strong-willed as kids
<input type="checkbox"/> Are uncomfortable invading personal space		<input type="checkbox"/> Comfortable invading personal space
<input type="checkbox"/> Are prone to writing long answers		<input type="checkbox"/> Are prone to writing short answers
<input type="checkbox"/> Listen first		<input type="checkbox"/> Talk first
<input type="checkbox"/> Dislikes conflict		<input type="checkbox"/> Don't mind conflict
<input type="checkbox"/> Would rather be competent		<input type="checkbox"/> Would rather be confident

WHAT TALK2ME[®] COMMUNICATOR TYPE BEST DESCRIBES YOU?

EMPATHIZER
 BOTH / UNSURE
 INSTIGATOR

Remember: Knowledge is power. By using TALK2ME[®] communication strategies, you can use it to make your life and the lives of others more positive, productive and meaningful.

HOW DO YOU PREFER TO RECHARGE YOUR ENERGY BATTERY?

How do you clear the cobwebs from your head? How do you refuel when you're super stressed, irritated and moody? Do you recharge your energy by spending time alone (i.e. reading, walking, meditating)? Or do you renew yourself and relax by spending time being with others (i.e. going out, golfing with friends, talking on the phone)?

ALONE
 BEING WITH OTHERS

ASSERTIVE COMMUNICATION: WHAT IS YOUR SOCIAL STYLE?

Imagine you're going to a party that you've been invited to, but you don't know anyone. Will you be a little slow to warm up (Introvert personality) and check things out? Or will you be quick to jump in (Extrovert personality) and make new friends easily?

SLOW TO WARM UP
 QUICK TO JUMP IN